

The background of the entire page is a close-up photograph of several bright green citrus fruits, likely lemons or limes, some whole and some sliced into rounds. The slices show the internal segments and seeds. Interspersed among the fruits are several dark green, oval-shaped leaves with prominent veins. The overall color palette is a range of greens, from vibrant lime to deep forest green.

Weekly Newsletter

KALE & DAMSON

*Forage Finds &
Market Insights*

Welcome to this week's newsletter, where we spotlight the best wild and foraged ingredients, explore seasonal updates from the market, and celebrate nature's finest offerings.



www.kaleanddamson.co.uk



UK Produce Spotlight



APPLE DISCOVERY

UK Discovery apples are now in season. With their crisp texture and sweet-tart flavour, they're perfect for enjoying fresh or in a variety of recipes. Available for the next couple of weeks.

ORDER CODE: APPLCOX



CELERIAC

UK celeriac is in season from September through March. With its earthy, nutty flavour and firm, versatile texture, it's ideal for a wide range of seasonal dishes.

ORDER CODE: CELERIA



Seasonal Insight



PUMPKIN DELICA

Sourced from Italy, Delica pumpkin comes into season from September through March. With its rich, nutty sweetness and dense, velvety flesh, it brings depth and flavour to a variety of seasonal dishes.

ORDER CODE: PUDELIC



MUSCAT GRAPES

Sourced from France, Muscat grapes come into season from July through October. With their aromatic sweetness and juicy, fragrant flesh, they are perfect for enjoying fresh or in recipes.

**Please note, we do not keep them in stock, so orders must be placed in advance.

ORDER CODE: FRGRMU*

Daily Specials

We're excited to offer Daily Specials on a selection of fresh produce and pantry essentials! These exclusive deals give you the opportunity to stock up on high-quality ingredients at exceptional prices. Whether it's seasonal produce, surplus stock, or items approaching their best-before date, you can enjoy great savings without compromising on quality. Don't miss out on these limited-time offers!

THIS WEEK'S SPECIALS - A PREVIEW OF WHAT'S AVAILABLE



Shallots Long
Order Code: SHALLON



Sweetcorn Fresh
Order Code: SWEETCO



Arborio Rice
Order Code: ARBRICE



Chargrilled Artichokes In Oil
Order Code: CHARART



Mixed Pitted Olives in Brine
Order Code: OLIVBRI



Chilli Pesto (Vegan)
Order Code: CHILPES



Butter Unsalted (A)
Order Code: BUTTUNS



Grapes White/Green
Order Code: GRAPEGR

Contact Our Sales Team for Daily Specials!

Want to find out more about today's specials? Our sales team are just a phone call away, call today on 01223 632100 to find out more.



Wild & Foraged Report

FORAGE FINDS

- **Elderberries** – Rich, winy flavour with deep, earthy notes and subtle sweetness. Best gathered in late summer to early autumn, when fully ripe for maximum intensity.
- **Crab Apples** – Sharp and tangy with a bright, citrus-like acidity and a hint of floral complexity. Picked at their best in early autumn when their tartness is most vibrant.
- **Damson** – Deep purple and tart-sweet with rich, jammy notes and a touch of astringency. Best harvested in late summer to early autumn when fully ripe and bursting with flavour.
- **Sloes** – Powerfully astringent with bitter almond undertones and a hidden depth that emerges when steeped or preserved. Traditionally harvested after the first frost to enhance flavour and reduce harshness.

To ensure the freshness and availability of these items, please place your orders by **Monday, 5PM**, for delivery on **Friday**

FUNGI FOCUS

- **Scottish Girolles** – Vibrant, apricot-scented mushrooms with a rich, nutty flavour; best for fresh foraging and light cooking. Harvested late summer to early autumn.
- **Lion's Mane** – Unique, seafood-like aroma with a tender, meaty texture; ideal fresh or lightly cooked to preserve delicate flavours. Found in late summer and autumn.
- **Pied de Mouton** – Pale and nutty with a firm, meaty texture and a gentle peppery bite. Best foraged in autumn woodlands, when their spiny undersides stand out beneath fallen leaves.
- **Lobster Mushrooms** – Earthy, slightly sweet aroma with a firm, meaty texture. Typically available from late summer to early fall.
- **Ceps** – Rich, nutty scent with a dense, velvety texture. Appears from late summer into autumn.

Please call the office to place your order and check current lead times.



Weekly Review

Temperatures in the UK and Holland are expected to remain steady this week, ranging between 17–20°C during the day and 13–15°C at night. Conditions will be mainly cloudy with intermittent rain and only limited sunny spells.

In Spain, daytime temperatures have eased slightly to 27–29°C, with nighttime levels around 20–22°C.

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[Leeks](#)

[Lettuce](#)

[Fruits](#)

For additional details, please contact your Account Manager

VEGETABLES

Aubergines

- Volume not plentiful, getting shorter, prices increasing.
- Quality remains generally very good.
- New crops just starting with very limited volume.

Broccoli

- Volumes steady, similar to last week.
- Prices holding stable.
- Earlier finish expected, new overlap crops to ease transition.

Cucumbers

- Production improved after earlier shortages, easing prices.
- Volumes increasing, quality holding well.
- First pickings from new crops, gradually rising supply.

Plum Tomatoes

- Production very limited, demand not met.
- Prices remain at high double figures.
- Quality good, though some lighter colour from early picking.

Beef Tomatoes

- Supply still tight, following Belgium price trend.
- Quality mixed depending on grower/crop.
- Larger 82/102 size keeps higher value vs smaller grades.

Intense Plum Tomatoes

- Supply extremely limited, high market prices.
- Meeting weekly programmes is difficult.
- Quality remains good.

Standard Loose Round Tomatoes

- Supply short, high demand keeping prices firm.
- Older crops reducing shelf-life.
- Some fruit picked earlier, slightly backward colour but still acceptable.



Vine Tomatoes

- Steady but not increasing, demand strong.
- Prices expected to hold at current levels.
- Quality overall good.

Cherry on the Vine & Cherry Tomatoes

- Very short supply on cherry vine.
- Premium cherry vine stable, holding value.
- Cocktail volumes falling, quality mixed.

Heritage/Inca Tomatoes

- Availability limited, prices rising.
- Some concessions made using smaller vine varieties.
- Required varieties for box mixes still in short supply.

Leeks

- Local production increasing.
- Good volume available, quality fine.
- Some flag dehydration from recent hot weather.

Cauliflower

- Still limited, only slight improvement.
- Prices high, especially larger sizes.
- No major change in supply expected.

Peppers

- Good availability of red and yellow, less green, slightly higher prices.
- Medium retail size becoming harder to source.
- New inland crops starting, very limited volume.



Padron, Habanero, Jalapeño & Chillies Peppers

- Padron supply falling, prices rising.
- Chillies also tighter, red and green prices up.
- Jalapeño steady, holding prices, quality good.

Courgettes

- Local production dropping quickly due to weather and less daylight.
- Similar drop in production, prices holding.
- Availability lower as summer crops end, new crops starting soon.



Celery

- Production lower than previous weeks, prices rising.
- Quality remains good, no major changes expected.
- Excellent quality also available from imports.

Iceberg Lettuce, Little Gem & Cos Lettuce

- Iceberg slightly shorter, prices rising.
- Little gem and cos holding steady value.
- Overall quality remains good.

FRUITS



Cherries

- Season ending, very limited volume.
- Quality becoming mixed.
- Best quality prices remain high.

Lemons

- Supply limited, volumes restricted.
- Prices remain at high double figures.
- Extra class 1 quality strong, class 2 still costly.



Melons

- Watermelon supply stable, prices slightly lower.
- Galias, cantaloupe, honeydew yields falling, prices nearly doubled.
- Quality and sugar levels exceptionally good.

Stone Fruit

- Apricots steady, AA size mainly available.
- Nectarines shorter, prices rising, mainly yellow flesh.
- Plums limited, prices holding, quality good.

Strawberries

- Local production lower as season winds down.
- Demand strong, prices holding.
- Quality mostly good apart from smaller fruit.



If there is any further information you require or if you'd like our report to include specific content, please do not hesitate to contact us.